Table 1: Cups of Fruits and Vegetables Eaten by California Adolescents (N=1,225)

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100% juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

Then many converge or feach man, ve		Mean Cups of Fruits and Ve	egetables
	Fruits, Vegetables,	•	
	Salads and Juices ¹	Fruits and Juices ¹	Salads and Vegetables
Total	2.4	1.8	0.6
Gender			
Males	2.3	1.7	0.6
Females	2.4	1.8	0.6
Ethnicity			
White	2.1 ^a **	1.5 ^a ***	0.7 ^b *
African American	2.3 ^{ab}	1.8 ^{ab}	0.6 ^{ab}
Latino	2.6 ^b	2.0 ^b	0.5 ^a
Asian/Other	2.5 ^{ab}	1.9 ^b	0.6 ^{ab}
Gender by Age			
Males			
12-13	2.6 ^b *	1.9	0.7
14-15	2.2 ^a	1.6	0.5
16-17	2.2 ^{ab}	1.6	0.6
Females			
12-13	2.6 ^b **	2.0 ^b **	0.6
14-15	2.5 ^b	1.9 ^{ab}	0.7
16-17	2.1 ^a	1.5 ^a	0.5
Income			
<\$15,000	2.6 ^b **	2.0 ^c ***	0.6 ^{ab} **
\$15,000 - \$24,999	2.6 ^b	2.1 ^c	0.4 ^a
\$25,000 - \$34,999	2.4 ^{ab}	2.0 ^{bc}	0.4 ^a
\$35,000 - \$49,999	2.4 ^{ab}	1.6 ^{ab}	0.8 ^b
\$50,000 - \$74,999	2.6 ^b	2.0 ^{bc}	0.5 ^{ab}
≥\$75,000	2.0 ^a	1.4 ^a	0.6 ^{ab}
Food Stamp Status, % FPL			0.0
Participant, ≤130%	2.6 ^b **	2.1 ^b ***	0.5 ^a *
Likely Eligible, ≤130%	2.6 ^b	2.1 ^b	0.5 ^a
Potentially Eligible, 131-185%	2.1 ^{ab}	1.5 ^a	0.6 ^{ab}
Not Eligible, >185%	2.2ª	1.6 ^a	0.6 ^b
Smoking Status	2.2	1.0	0.0
Non-Smokers	2.4	1.8	0.6
Smokers	1.9	1.6	0.4
Physical Activity Status			
Regular	2.5	1.9 **	0.6
Irregular	2.1	1.6	0.5
Overweight Status			
Not at Risk	2.3	1.8	0.6
At Risk/Overweight	2.4	1.7	0.7

¹ Juices include only 100% fruit juices.

Cups of fruits, vegetables, and salads were calculated as 0.5 servings. Cups of fruit juices were calculated as 0.75 servings.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

Some numbers may not add to total due to rounding. Numbers were rounded to the nearest tenth of a cup.

ANOVA

^{*} p<.05

^{**} p<.01

^{***} p<.001

Table 2: Servings of Fruits and Vegetables Eaten by California Adolescents (N=1,225)

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100% juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

		ean Servings of Fruits and	Vegetables
	Fruits, Vegetables,		
	Salads and Juices ¹	Fruits and Juices ¹	Salads and Vegetables
Total	4.2	3.0	1.2
Gender			
Males	4.3	3.1	1.2
Females	4.1	2.9	1.2
Ethnicity			
White	3.8 ^a **	2.5 ^a ***	1.3 ^b *
African American	4.0 ^{ab}	2.8 ^{ab}	1.2 ^{ab}
Latino	4.4 ^b	3.4 ^b	1.0 ^a
Asian/Other	4.5 ^{ab}	3.3 ^b	1.2 ^{ab}
Gender by Age Males			
	4.6 ^b *	3.2 ^a *	4.0
12-13			1.3
14-15	3.8 ^a	2.7 ^a	1.1
16-17	3.9 ^{ab}	2.7 ^a	1.1
Females	4.6 ^b **	2 Ep **	
12-13	4.0	3.3	1.2
14-15	4.5 ^b	3.2 ^{ab}	1.3
16-17	3.7 ^a	2.7 ^a	1.0
Income	ah	- ah	ah
<\$15,000	4.5 ^{ab} *	3.3 ^b ***	1.2 ^{ab} **
\$15,000 - \$24,999	4.3 ^{ab}	3.4 ^b	0.9 ^a
\$25,000 - \$34,999	4.2 ^{ab}	3.4 ^b	0.8 ^a
\$35,000 - \$49,999	4.3 ^{ab}	2.7 ^{ab}	1.6 ^b
\$50,000 - \$74,999	4.6 ^b	3.6 ^b	1.1 ^{ab}
<u>></u> \$75,000	3.7 ^a	2.4 ^a	1.2 ^{ab}
Food Stamp Status, % FPL			
Participant, ≤130%	4.5 ^a *	3.5 ^b ***	1.0 ^{ab} *
Likely Eligible, ≤130%	4.4 ^a	3.5 ^b	1.0 ^a
Potentially Eligible, 131-185%	3.8 ^a	2.6 ^a	1.2 ^{ab}
Not Eligible, >185%	4.0 ^a	2.7 ^a	1.3 ^b
Smoking Status			
Non-Smokers	4.2	3.0	1.2
Smokers	3.4	2.7	0.7
Physical Activity Status			
Regular	4.4	3.2	1.3
Irregular	3.5	2.6	0.9
Overweight Status			
Not at Risk	4.1	3.0	1.1
At Risk/Overweight	4.3	2.9	1.4

¹ Juices include only 100% fruit juices.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

Some numbers may not add to total due to rounding. Numbers were rounded to the nearest tenth of a serving.

ANOVA

^{*} p<.05

^{**} p<.01

^{***} p<.001

Table 3: Servings of Fruits, Juices, Salads, and Vegetables Consumed by California Adolescents (N=1,225)

For each meal and snack:

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

Which fruits, vegetables or juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

I	Reported Mear	n Servings of Fruits, Juices, a	and Vegetables
	Fruits	Juices	Vegetables
Total	1.9	1.1	1.2
Gender			
Males	1.7 **	1.1	1.2
Females	2.1	1.0	1.2
Ethnicity			
White	1.7 ^a ***	0.8 ^c ***	1.3 ^b *
African American	1.5 ^{ab}	1.3 ^{ab}	1.2 ^{ab}
Latino	2.1 ^{bc}	1.4 ^a	1.0 ^a
Asian/Other	2.3 ^c	1.0 ^{bc}	1.2 ^{ab}
Gender by Age			
Males			
12-13	2.0	1.2	1.3
14-15	1.6	1.1	1.1
16-17	1.6	1.1	1.1
Females			
12-13	2.3	1.2 ^b **	1.2
14-15	2.0	1.2 ^b	1.3
16-17	1.9	0.8ª	1.0
Income		<u> </u>	
<\$15,000	1.8 ^{abc} ***	1.5 ^b ***	1.2 ^{ab} **
\$15,000 - \$24,999	1.7 ^{ab}	1.7 ^{bc}	0.9 ^a
\$25,000 - \$34,999	2.3 ^{bc}	1.1 ^{ab}	0.8 ^a
\$35,000 - \$49,999	1.9 ^{abc}	0.8 ^{ac}	1.6 ^b
\$50,000 - \$74,999	2.5°	1.0 ^{abc}	1.1 ^{ab}
≥\$75,000	1.6 ^a	0.8 ^{abc}	1.2 ^{ab}
Food Stamp Status, % FPL			
Participant, ≤130%	2.0	1.5 ^b ***	1.0 ^{ab} *
Likely Eligible, ≤130%	2.0	1.4 ^b	1.0 ^b
Potentially Eligible, 131-185%	1.8	0.8 ^a	1.2 ^{ab}
Not Eligible, >185%	1.8	0.9 ^a	1.3 ^a
Smoking Status			
Non-Smokers	1.9	1.1	1.2
Smokers	1.8	0.9	0.7
Physical Activity Status			
Regular	2.1 ***	1.1	1.3
Irregular	1.5	1.1	0.9
Overweight Status			
Not Overweight	1.9	1.1	1.1 *
Overweight/Obese	1.8	1.1	1.4

Juices include only 100% fruit juices.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

Table 4: California Adolescents Reported Eating Less than One Serving of Fruits and Vegetables, No Fruits or Juices, and No Vegetables or Salads (N=1,225)

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100% juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

	Percent of Adolescents				
	Reported Having Less				
	than 1 Serving of Fruits or	Reported No Servings of	Reported No Servings of		
	Vegetables ¹	Fruits or Juices ²	Vegetables or Salad ²		
Total	11.2	19.0	53.2		
Gender					
Males	11.4	19.2	54.1		
Females	11.0	18.8	52.2		
Ethnicity					
White	12.1	22.7	43.6 ***		
African American	12.8	29.1	60.5		
Latino	11.0	15.0	61.2		
Asian/Other	8.5	15.0	52.8		
Gender by Age					
Males	7.0 *	12.8 **	48.0		
12-13	15.1	20.4	59.6		
14-15	12.5	24.7	54.8		
16-17					
Females	5.5 **	11.1 ***	53.6 *		
12-13	12.3	17.9	45.5		
14-15	15.4	27.7	57.7		
16-17					
Income					
<\$15,000	12.0 *	14.6	60.2 ***		
\$15,000 - \$24,999	14.9	17.5	62.4		
\$25,000 - \$34,999	15.6	16.9	62.9		
\$35,000 - \$49,999	18.6	32.1	47.9		
\$50,000 - \$74,999	6.5	12.4	59.2		
<u>></u> \$75,000	9.9	23.0	46.6		
Food Stamp Status, % FPL					
Participant, ≤130%	15.1 ***	17.7 **	60.1 ***		
Likely Eligible, ≤130%	10.6	12.3	61.2		
Potentially Eligible, 131-185%	23.4	27.6	59.5		
Not Eligible, >185%	8.2	21.2	46.8		
Smoking Status					
Non-Smokers	10.4 ***	18.3 **	52.6 *		
Smokers	27.8	34.4	66.4		
Physical Activity Status					
Regular	10.2	17.7	50.3 **		
Irregular	13.9	22.6	60.9		
Overweight Status					
Not at Risk	12.4	19.7	55.2 **		
At Risk/Overweight	9.2	19.2	46.1		

¹ Calculated using total servings of fruits and vegetable for the individual. Categorized as having less than 1 serving of fruits and vegetables.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

² Categorized as having less than .5 servings of fruits or vegetables.

^{*} p<.05

[.] ** p<.01

^{***} p<.001

Table 5: Proportion of California Adolescents Ate the Recommended Servings of Fruits and Vegetables (N=1,225)

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100% juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat

Servings of Fruits and Vegetables O		Percent of Adolescents						
Total 11.2 24.9 22.6 41.3 31.0 Gender Males 11.4 26.8 20.6 41.2 21.3 **** Females 11.0 22.9 24.8 41.4 41.4 **** Ethnicity White 12.1 26.5 24.2 37.2 27.1 41.4 42.4 33.8 38.8 31.8 31.1 41.0 34.4 34.4 33.8 38.8 32.2 32.0 33.8 38.8 32.2 32.0 33.8 38.8 32.1 42.1 43.4 44.0 44.0 44.1 44.0 44.0 44.1 44.0 44.0 44.0		Se		of Fruit	s and Ve	egetables		Met the Recommendations ²
Gender Males 11.4 26.8 20.6 41.2 21.3 ************************************								for Fruits and Vegetables
Males 11.4 26.8 20.6 41.2 21.3 **** Ethnicity 11.0 22.9 24.8 41.4 41.4 41.4 **** Ethnicity White 12.1 26.5 24.2 37.2 27.1 41.4 41.2 41.3			11.2	24.9	22.6	41.3		31.0
Females Femal	Gender							
Ethnicity White 12.1 26.5 24.2 37.2 27.1 African American 12.8 24.9 16.5 45.7 28.1 Latino 11.0 23.9 21.1 44.0 34.4 Asian/Other 8.5 23.3 25.9 42.3 33.8 Gender by Age Males 12-13 7.0 26.0 19.7 47.3 24.4 14-15 15.1 31.3 19.0 34.7 22.0 16-17 12.5 23.2 23.0 41.4 17.5 Females 12-13 5.5 18.8 31.7 44.0 *** 44.0 14-15 12.3 19.0 23.4 45.4 45.4 45.4 16-17 15.4 31.1 19.0 34.5 34.5 45.4 <td>Males</td> <td></td> <td></td> <td></td> <td>20.6</td> <td>41.2</td> <td></td> <td>21.3</td>	Males				20.6	41.2		21.3
White	Females		11.0	22.9	24.8	41.4		41.4
African American Latino 11.0 23.9 21.1 44.0 34.4 34.4 33.8 Gender by Age Males 12-13 14-15 16-17 12.5 23.2 13.3 19.0 34.7 12.5 12.3 14-15 16-17 12.5 12.5 18.8 31.7 14.0 15.1 15.1 19.0 23.4 44.0 17.5 Females 12-13 14-15 16-17 12.5 18.8 31.7 14.0 14-15 16-17 12.13 14-15 16-17 12.5 18.8 18.3 17.4 44.0 17.5 Females 12-13 14-15 16-17 15.4 15.1 19.0 23.4 45.4 15.4 15.4 31.1 19.0 34.5 Income <\$15,000	Ethnicity							
Latino Asian/Other Gender by Age Males 12-13 14-15 16-17 12-5 23.2 23.0 14.4 15.1 16-17 12-5 23.2 23.0 14.4 15.1 16-17 12-5 12-3 12-3 14-15 16-17 12-5 12-3 12-3 14-15 16-17 12-3 14-15 16-17 12-5 12-3 12-3 12-3 12-3 12-3 12-3 12-3 12-3	White		12.1	26.5	24.2	37.2		27.1
Asian/Other 8.5 23.3 25.9 42.3 33.8 Gender by Age Males 12-13 7.0 26.0 19.7 47.3 * 24.4 14-15 15.1 31.3 19.0 34.7 22.0 16-17 12.5 23.2 23.0 41.4 17.5 Females 12-13 14-15 12.3 19.0 23.4 45.4 45.4 16-17 15.4 31.1 19.0 34.5 45.4 Income 4\$15,000 \$15,000 \$24,999 \$34.999 \$46.2 ** 37.5 ** \$15,000 - \$24,999 14.9 22.6 19.1 43.4 34.7 34.5 \$25,000 - \$34,999 15.6 17.1 27.7 39.6 24.9 34.5 \$50,000 - \$74,999 6.5 20.4 28.5 44.6 36.3 24.9 \$375,000 9.9 30.6 25.4 34.1 *** 36.3 \$2\$75,000 9.9 30.6 25.4 34.5 36.3 24.4 Food Stamp Status, % FPL Participant, ≤130% 10.6 24.9 21.0 43.5 32.3	African American		12.8	24.9	16.5	45.7		28.1
Gender by Age Males 12-13 7.0 26.0 19.7 47.3 * 24.4 14-15 15.1 31.3 19.0 34.7 22.0 16-17 12.5 23.2 23.0 41.4 17.5 Females 12-13 14.15 12.3 19.0 23.4 45.4 45.4 16-17 12.3 19.0 23.4 45.4 45.4 16-17 15.4 31.1 19.0 34.5 34.5 Income <\$15,000	Latino		11.0	23.9	21.1	44.0		34.4
Males 12-13 7.0 26.0 19.7 47.3 * 24.4 14-15 16-17 12.5 23.2 23.0 41.4 17.5 Females 12-13 5.5 18.8 31.7 44.0 **** 44.0 14-15 12.3 19.0 23.4 45.4 45.4 45.4 16-17 15.4 31.1 19.0 34.5 34.5 45.4 Income *** 44.0 44.0 45.4 45.2 47.3 34.5 47.3 34.5 <th< td=""><td>Asian/Other</td><td></td><td>8.5</td><td>23.3</td><td>25.9</td><td>42.3</td><td></td><td>33.8</td></th<>	Asian/Other		8.5	23.3	25.9	42.3		33.8
Table Tab	Gender by Age							
14-15	Males							
16-17 Females 12-13 14-15 16-17 Income <\$15.5 18.8 31.7 44.0 12.3 19.0 23.4 45.4 45.4 45.4 45.4 15.4 31.1 19.0 34.5 Income <\$15,000 - \$24,999 \$35,000 - \$34,999 \$35,000 - \$34,999 \$35,000 - \$74,999 \$550,000 - \$74,999 \$575,000 Food Stamp Status, % FPL Participant, ≤130% Likely Eligible, ≤130% Likely Eligible, ≥130% Likely Eligible, ≥185% Not Eligible, >185% Smokers Non-Smokers Smokers Non-Smokers Smokers Regular Regular Regular Regular Regular Regular Rotatisk Not at Risk 12.4 22.3 19.5 18.8 31.7 44.0 *** 44.0 ** 44.0 *** 44.0 *** 44.0 *** 44.0 *** 44.0 *** 44.0 *** 44.0 *** 44.0 *** 44.0 *** 44.0 *** 44.0 *** 44.0 *** 44.0 *** 44.0 *** 44.0 *** 44.0 *** 44.1 *** 44.1 *** 46.2 *** 46.2 *** 46.2 *** 46.2 *** 46.2 *** 46.2 *** 46.3 *** 46.2 *** 46.3 *** 46.1 *** 46.2 *** 46.3 *** 46.1 *** 46.2 *** 46.3 *** 46.1 *** 46.1 *** 46.1 *** 46.1 *** 46.1 *** 46.	12-13		7.0	26.0	19.7	47.3	*	24.4
Temales	14-15		15.1	31.3	19.0	34.7		22.0
12-13	16-17		12.5	23.2	23.0	41.4		17.5
12-15 14-15 16-17 18-18 16-17 19-18	Females							
16-17 15.4 31.1 19.0 34.5 Income -\$15,000 \$24,999 12.0 22.2 19.5 46.2 *** 37.5 * \$15,000 - \$24,999 14.9 22.6 19.1 43.4 34.7 34.5 \$25,000 - \$34,999 15.6 17.1 27.7 39.6 24.9 24.9 \$50,000 - \$74,999 6.5 20.4 28.5 44.6 36.3 \$275,000 9.9 30.6 25.4 34.1 24.4 Food Stamp Status, % FPL Participant, ≤130% Likely Eligible, ≤130% Potentially Eligible, 131-185% Not Eligible, ≥185% 15.1 19.6 20.3 45.1 **** 36.1 Nor-Smokers Smokers 23.4 32.3 8.2 36.1 32.3 Physical Activity Status Regular Irregular 10.4 25.5 22.4 41.6 **** 31.2 Overweight Status Not at Risk 12.4 24.1 23.8 39.8 31.2	12-13		5.5	18.8	31.7	44.0	***	44.0
Second	14-15		12.3	19.0	23.4	45.4		45.4
<\$15,000	16-17		15.4	31.1	19.0	34.5		34.5
\$15,000 - \$24,999	Income							
\$25,000 - \$34,999	<\$15,000		12.0	22.2	19.5	46.2	**	37.5
\$35,000 - \$49,999	\$15,000 - \$24,999		14.9	22.6	19.1	43.4		34.7
\$50,000 - \$74,999	\$25,000 - \$34,999		15.6	17.1	27.7	39.6		24.9
≥\$75,000 9.9 30.6 25.4 34.1 24.4 Food Stamp Status, % FPL Participant, ≤130% 15.1 19.6 20.3 45.1 **** 36.1 Likely Eligible, ≤130% 10.6 24.9 21.0 43.5 33.5 Potentially Eligible, 131-185% 23.4 32.3 8.2 36.1 32.3 Not Eligible, >185% 8.2 27.0 26.2 38.6 27.0 Smoking Status Non-Smokers 10.4 25.5 22.4 41.6 **** 31.2 Physical Activity Status Regular 10.2 22.7 22.2 44.9 **** 32.0 Irregular 13.9 30.8 23.9 31.5 28.6 Overweight Status Not at Risk 12.4 24.1 23.8 39.8 31.2	\$35,000 - \$49,999		18.6	18.3	15.8	47.3		34.5
Food Stamp Status, % FPL Participant, ≤130% 15.1 19.6 20.3 45.1 **** 36.1 Likely Eligible, ≤130% 10.6 24.9 21.0 43.5 33.5 Potentially Eligible, 131-185% 23.4 32.3 8.2 36.1 32.3 Not Eligible, >185% 8.2 27.0 26.2 38.6 27.0 Smoking Status 10.4 25.5 22.4 41.6 **** 31.2 Smokers 27.8 12.4 26.3 33.4 *** 31.2 Physical Activity Status Regular 10.2 22.7 22.2 44.9 **** 32.0 Irregular 13.9 30.8 23.9 31.5 28.6 Overweight Status 12.4 24.1 23.8 39.8 31.2	\$50,000 - \$74,999		6.5	20.4	28.5	44.6		36.3
Participant, ≤130% 15.1 19.6 20.3 45.1 **** 36.1 Likely Eligible, ≤130% 10.6 24.9 21.0 43.5 33.5 Potentially Eligible, 131-185% 23.4 32.3 8.2 36.1 32.3 Not Eligible, >185% 8.2 27.0 26.2 38.6 27.0 Smoking Status Non-Smokers 10.4 25.5 22.4 41.6 **** 31.2 Physical Activity Status 27.8 12.4 26.3 33.4 **** 32.0 Irregular 10.2 22.7 22.2 44.9 **** 32.0 Overweight Status 12.4 24.1 23.8 39.8 31.2			9.9	30.6	25.4	34.1		24.4
13.1 19.6 20.3 43.1 30.1 10.6 24.9 21.0 43.5 33.5 23.4 32.3 8.2 36.1 32.3 3	Food Stamp Status, % FPL							
Potentially Eligible, 131-185% 23.4 32.3 8.2 36.1 32.3 8.2 27.0 26.2 38.6 27.0 26.2 38.6 27.0 26.2 38.6 27.0 26.2 38.6 27.0 26.2 38.6 27.0 26.2 38.6 27.0 26.2 38.6 27.0 26.2 38.6 27.0 26.2 26.3 26.2 26.3	• •		15.1	19.6	20.3	45.1	***	36.1
Not Eligible, >185% 8.2 27.0 26.2 38.6 27.0 Smoking Status 10.4 25.5 22.4 41.6 *** 31.2 Smokers 27.8 12.4 26.3 33.4 *** 31.2 Physical Activity Status Regular 10.2 22.7 22.2 44.9 *** 32.0 Irregular 13.9 30.8 23.9 31.5 28.6 Overweight Status Not at Risk 12.4 24.1 23.8 39.8 31.2			10.6	24.9	21.0	43.5		33.5
Smoking Status Non-Smokers 10.4 25.5 22.4 41.6 **** 31.2 Smokers 27.8 12.4 26.3 33.4 27.2 Physical Activity Status Regular 10.2 22.7 22.2 44.9 **** 32.0 Irregular 13.9 30.8 23.9 31.5 28.6 Overweight Status Not at Risk 12.4 24.1 23.8 39.8 31.2	, , ,		23.4	32.3	8.2	36.1		32.3
Non-Smokers 10.4 25.5 22.4 41.6 *** 31.2 Smokers 27.8 12.4 26.3 33.4 *** 27.2 Physical Activity Status Regular 10.2 22.7 22.2 44.9 *** 32.0 Irregular 13.9 30.8 23.9 31.5 *** 28.6 Overweight Status Not at Risk 12.4 24.1 23.8 39.8 31.2	Not Eligible, >185%		8.2	27.0	26.2	38.6		27.0
Smokers 27.8 12.4 26.3 33.4 27.2 Physical Activity Status Regular 10.2 22.7 22.2 44.9 *** 32.0 Irregular 13.9 30.8 23.9 31.5 28.6 Overweight Status Not at Risk 12.4 24.1 23.8 39.8 31.2	Smoking Status							
Physical Activity Status Regular 10.2 22.7 22.2 44.9 **** 32.0 Irregular 13.9 30.8 23.9 31.5 28.6 Overweight Status 12.4 24.1 23.8 39.8 31.2	Non-Smokers		-			41.6	***	_
Regular 10.2 22.7 22.2 44.9 *** 32.0 Irregular 13.9 30.8 23.9 31.5 28.6 Overweight Status Not at Risk 12.4 24.1 23.8 39.8 31.2	Smokers		27.8	12.4	26.3	33.4		27.2
10.2 22.7 22.2 44.5 32.0 13.9 30.8 23.9 31.5 28.6	Physical Activity Status							
Overweight Status 12.4 24.1 23.8 39.8 31.2	Regular		10.2	22.7	22.2	44.9	***	32.0
Not at Risk 12.4 24.1 23.8 39.8 31.2	Irregular		13.9	30.8	23.9	31.5		28.6
	Overweight Status							
At Risk/Overweight 9.2 26.2 19.5 45.2 30.1	Not at Risk		12.4	24.1	23.8	39.8		31.2
	At Risk/Overweight		9.2	26.2	19.5	45.2		30.1

¹ Categorized as having less than one serving of fruits and vegetables.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

² Recommendations equal 7 or more servings a day for boys and 5 or more a day for girls.

^{*} p<.05

^{**} p<.01

^{***} p<.001

Table 5a: Proportion of California Adolescents Ate the Recommended Cups of Fruits and Vegetables (N=1,225)

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100% juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

	Met the Recommendations ¹ for Fruit	
Total	Vegetables, Percent of Adolesce	nts
Gender		
Males	33.7	***
Females	43.8	
Ethnicity		
White	32.5	**
African American	40.2	
Latino	43.9	
Asian/Other	39.5	
Gender by Age		
Males		
12-13	40.7	*
14-15	29.8	
16-17	30.4	
Females		
12-13	45.3	
14-15	47.9	
16-17	39.1	
Income		
<\$15,000	47.1	***
\$15,000 - \$24,999	47.1	
\$25,000 - \$34,999	42.8	
\$35,000 - \$49,999	39.9	
\$50,000 - \$74,999	45.9	
<u>></u> \$75,000	26.7	
Food Stamp Status, % FPL		
Participant, ≤130%	48.1	***
Likely Eligible, ≤130%	44.4	
Potentially Eligible, 131-185%	35.4	
Not Eligible, >185%	32.8	
Smoking Status		
Non-Smokers	38.8	
Smokers	35.1	
Physical Activity Status		
Regular	39.9	
Irregular	35.2	
Overweight Status		
Not at Risk	38.4	
At Risk/Overweight	38.5	

¹ Recommendations based on age and physical activity level, as described in the *Dietary Guidelines for* Americans, 2005.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

^{*} p<.05 ** p<.01

^{***} p<.001

Table 6: Belief by California Adolescents About the Number of Servings of Fruits and Vegetables Needed Each Day for Good Health (N=1,213)

How many total servings of fruits and vegetables do you think you should eat every day to be healthy?

	Servings of Fruits and Vegetables Believed Needed, Percent of Adolescents					
	0-2	3-4	5+			
Total	8.3	27.5	64.2			
Gender						
Males	9.2	29.1	61.7			
Females	7.4	25.9	66.8			
Ethnicity						
White	5.3	31.1	63.6	**		
African American	9.1	23.7	67.3			
Latino	10.8	27.4	61.8			
Asian/Other	9.1	20.2	70.7			
Gender by Age	<u></u>					
Males						
12-13	12.2	19.8	68.0	***		
14-15	6.2	38.5	29.3			
16-17	9.1	29.3	61.6			
Females	•					
12-13	9.9	21.6	68.5	***		
14-15	8.5	20.2	71.4			
16-17	3.7	36.0	60.4			
ncome						
<\$15,000	8.2	26.1	65.7	**		
\$15,000 - \$24,999	14.2	34.8	51.0			
\$25,000 - \$34,999	12.5	30.8	56.8			
\$35,000 - \$49,999	8.5	27.7	63.8			
\$50,000 - \$74,999	4.9	20.8	74.2			
≥\$75,000	6.2	29.6	64.2			
Food Stamp Status, % FPL				•		
Participant, ≤130%	9.7	29.4	60.9	***		
Likely Eligible, ≤130%	15.3	31.9	52.8			
Potentially Eligible, 131-185%	10.2	33.5	56.3			
Not Eligible, >185%	5.2	24.7	70.0			
Smoking Status	•					
Non-Smokers	8.1	27.8	64.1			
Smokers	12.6	22.6	64.8			
Physical Activity Status						
Regular	6.6	27.0	66.4	***		
Irregular	12.9	29.0	58.1			
Overweight Status						
Not Overweight	8.9	26.2	64.9			
Overweight/Obese	5.6	29.1	65.3			

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

^{**} p<.01

^{***} p<.001

Table 7: Cross Tabulation of Fruit and Vegetable Consumption Among California Adolescents by Belief in the Number of Servings Needed (N=1,213)

How many total servings of fruits and vegetables do you think you should eat every day to be healthy? How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack] yesterday?

Servings of Fruits and Vegetables Believed to be Needed	Percent of Adolescents	s	ervings of Fr Perce	ruits and Veg		ten,
			0-2	3-4	5+	
0-2 3-4 5+	8.3 27.5 64.2		12.6 6.6 5.5	40.6 27.9 16.1	46.8 65.4 78.4	***

A box around a group of numbers signifies that differences observed within this group are statistically significant. Some numbers may not add to 100 percent due to rounding.

Chi Square Test

*** p<.001

Table 8: Reasons Why California Adolescents Are Eating More Fruits and Vegetables (N=1,220)

What is the main reason you eat fruits and vegetables, or drink juice?

	Reason Reported for Eating Fruits and Vegetables, Percent of Adolescents						
	Like Taste	Health	Nutrients	Other ¹			
Total	27.2	47.6	14.5	10.8			
Gender							
Males	25.4	47.2	15.6	11.9			
Females	29.1	47.9	13.4	9.6			
Ethnicity							
White	33.7	43.2	12.9	10.1			
African American	20.8	63.0	9.1	7.1			
Latino	25.3	47.4	15.0	12.4			
Asian/Other	18.2	51.5	20.3	10.0			
Gender by Age							
Males							
12-13	21.1	48.1	15.6	15.2			
14-15	30.0	45.0	15.9	9.1			
16-17	25.0	48.5	15.2	11.3			
Females							
12-13	25.0	55.7	10.3	9.0			
14-15	25.9	52.4	12.6	9.1			
16-17	36.6	35.2	17.5	10.7			
Income							
<\$15,000	22.4	52.5	10.5	14.6			
\$15,000 - \$24,999	27.2	41.8	22.4	8.7			
\$25,000 - \$34,999	29.2	53.8	11.0	5.9			
\$35,000 - \$49,999	32.1	48.6	14.8	4.5			
\$50,000 - \$74,999	35.5	48.8	7.7	8.0			
≥\$75,000	26.3	45.8	16.0	11.8			
Food Stamp Status, % FPL	20.0	10.0	10.0	11.0			
Participant, ≤130%	22.6	48.0	19.5	9.9			
Likely Eligible, ≤130%	25.3	50.5	12.5	11.8			
Potentially Eligible, 131-185%	31.2	48.3	17.8	2.7			
Not Eligible, >185%	28.6	47.6	12.2	11.6			
Smoking Status	20.0	47.0	12.2	11.0			
Non-Smokers	27.2	47.4	15.0	10.4			
Smokers	26.8	49.9	4.5	18.8			
Physical Activity Status	20.0	40.0	4.5	10.0			
Regular	25.4	49.0	15.4	10.2			
Irregular	31.8	43.6	12.1	12.5			
Overweight Status	31.0	43.0	12.1	12.3			
Not Overweight	27.9	47.4	14.9	9.9			
Overweight/Obese	27.9 25.0	46.5	14.1	14.4			
Overweight/Obese	23.0	40.0	14.1	14.4			

¹ Includes "available", "weight control", "important to parents", "easy to find or fix", "served with meals", "important to others", and "important to me".

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent to rounding.

^{*} p<.05 ** p<.01

^{***} p<.001

Table 9: Barriers to Eating More Fruits and Vegetables Among California Adolescents (N=1,165)

What is the main reason you don't eat more fruits and vegetables, or drink more juice?

	Don't		Don't	Choose				
	Like Taste	Not Available	Think About It	Other Foods	No Time	Not Hungry	Eat Enough	Other ¹
Total	15.7	24.1	7.8	16.1	7.8	10.9	7.0	10.6
Gender								
Males	16.1	26.3	6.8	16.2	9.5	11.3	4.2	9.6
Females	15.4	21.7	8.9	16.1	6.0	10.5	9.9	11.5
Ethnicity	•							
White	15.0	29.6	8.8	15.6	9.8	10.3	5.2	5.8
African American	20.2	21.9	3.0	22.5	5.8	12.7	7.3	6.6
Latino	18.8	15.4	7.5	19.0	6.2	9.0	8.8	15.2
Asian/Other	6.9	33.9	8.4	6.6	7.8	16.9	7.0	12.5
Gender by Age	•							
Males								
12-13	18.9	19.8	6.1	13.4	5.5	17.1	7.1	12.2
14-15	14.8	25.7	8.8	15.0	12.3	9.4	1.9	12.2
16-17	14.5	33.2	5.5	20.0	10.6	7.6	3.8	4.8
Females	-							
12-13	15.2	6.3	9.3	13.7	7.1	10.8	16.7	20.9
14-15	17.6	19.7	6.8	19.7	6.8	8.9	9.3	11.2
16-17	13.2	39.5	10.5	15.0	4.1	11.7	3.7	2.3
ncome								
<\$15,000	21.9	11.4	12.5	21.4	3.4	3.8	5.0	20.5
\$15,000 - \$24,999	23.6	17.0	9.0	17.7	5.2	6.2	10.9	10.4
\$25,000 - \$34,999	8.6	26.2	2.2	18.5	4.9	12.3	9.3	18.0
\$35,000 - \$49,999	17.4	28.7	7.6	16.9	9.6	12.4	2.8	4.5
\$50,000 - \$74,999	5.7	16.4	16.4	6.2	14.9	21.6	4.9	13.9
<u>></u> \$75,000	11.4	37.4	4.8	16.6	6.8	9.4	6.0	7.6
Food Stamp Status, % FPL	-							
Participant, ≤130%	15.2	24.5	8.2	17.4	5.6	9.6	5.8	13.7
Likely Eligible, ≤130%	24.2	9.1	8.1	16.6	6.7	8.6	12.2	14.5
Potentially Eligible, 131-185%	15.9	36.0	12.1	10.5	5.6	12.3	2.6	5.0
Not Eligible, >185%	12.8	29.7	7.3	15.1	9.0	10.8	5.9	9.4
Smoking Status								
Non-Smokers	16.1	23.4	7.7	15.8	7.9	10.9	7.3	11.0
Smokers	8.1	38.8	10.8	23.1	4.7	11.4	1.9	1.1
Physical Activity Status	-							
Regular	15.5	24.2	8.1	15.5	8.7	11.5	6.1	10.4
Irregular	16.2	23.7	7.0	17.9	5.3	9.4	9.5	11.1
Overweight Status								
Not at Risk	14.3	25.6	7.3	16.1	7.3	11.6	8.3	9.4
At Risk/Overweight	19.0	22.2	9.2	13.8	9.9	9.1	2.9	14.0

¹ Other includes "not important", "poor quality", "don't want to gain weight", "too much sugar", "too much fiber", "allergic", and "don't want to get sick"; none of which exceeded 4 percent.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

^{*} p<.05

^{**} p<.01

^{***} p<.001